



What are the Leading Health Indicators (LHIs)?

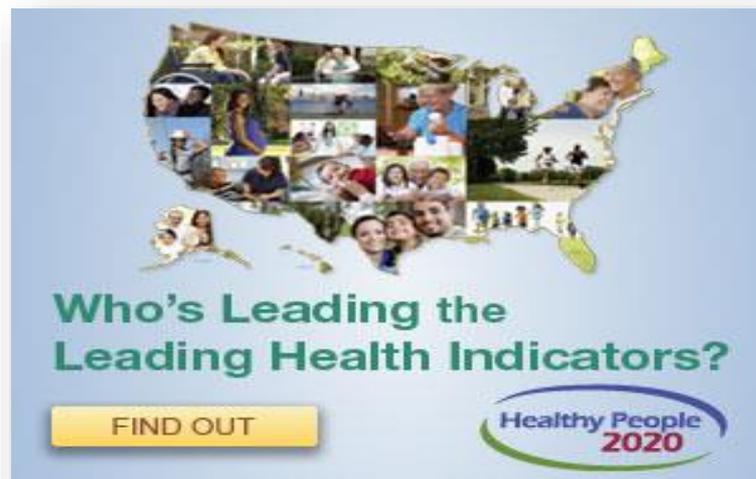
Leading Health Indicators are:

- Critical health issues that, if addressed appropriately, will dramatically reduce the leading causes of preventable deaths and illnesses.
- Linked to specific Healthy People objectives.
- Intended to motivate action to improve the health of the entire population.



“Who’s Leading the Leading Health Indicators?”

- Highlight organizations using evidence-based approaches to address one of the Healthy People 2020 Leading Health Indicator (LHI) topics.
- **2013 series:**
 - Monthly: e-bulletin
 - Every other month: Webinars





Webinar Participants

- Featured Speakers:

Howard Koh, MD, MPH

HHS Assistant Secretary for Health

Dean Sidelinger, MD, MEd

Child Health Medical Officer, Health and Human Services Agency in San Diego

Cheryl Moder

Senior Director of Collective Impact at the Childhood Obesity Initiative

- Panelists:

Joan Dorn, PhD

Branch Chief, Physical Activity & Health Branch, Division of Nutrition, Physical Activity and Obesity, CDC



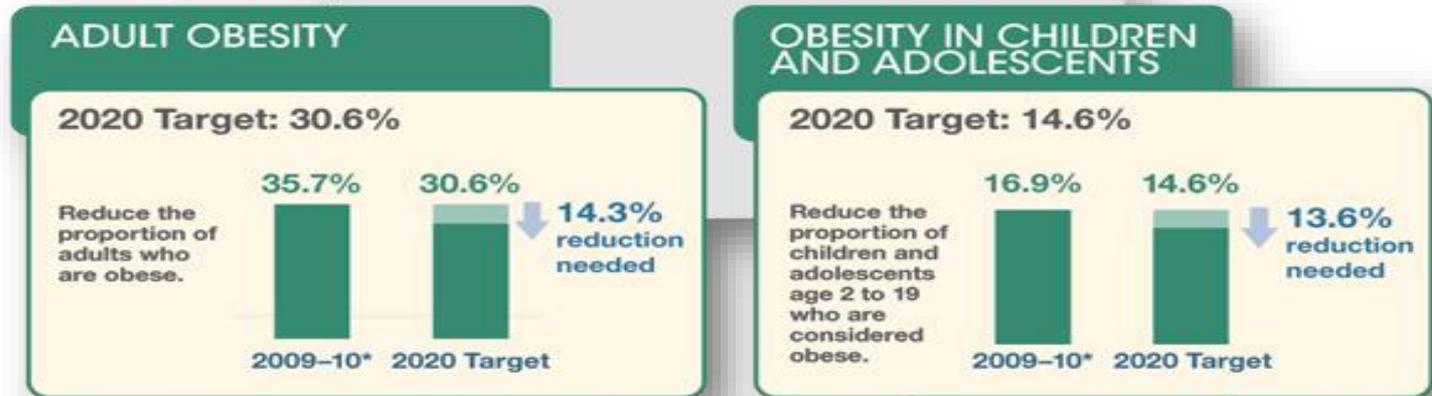
Leading Health Indicators: Nutrition, Physical Activity, and Obesity

- **The Nutrition, Physical Activity, and Obesity Indicators are:**
 - Adults who meet current Federal physical activity guidelines for aerobic physical activity and for muscle-strengthening activity
 - Adults who are obese
 - Children and adolescents who are considered obese
 - Total vegetable intake for persons aged 2 years and older



Context:

Nutrition, Physical Activity, and Obesity



* Target is based on a 4-year estimate, and the most recent (2008-2010) 2-year estimate will be replaced by a 4-year estimate later in the decade.



In 2009, only 23.4% of adults consumed fruits and vegetables five or more times per day.



In 2010, less than half of all adults got the recommended amount of physical activity (48%).



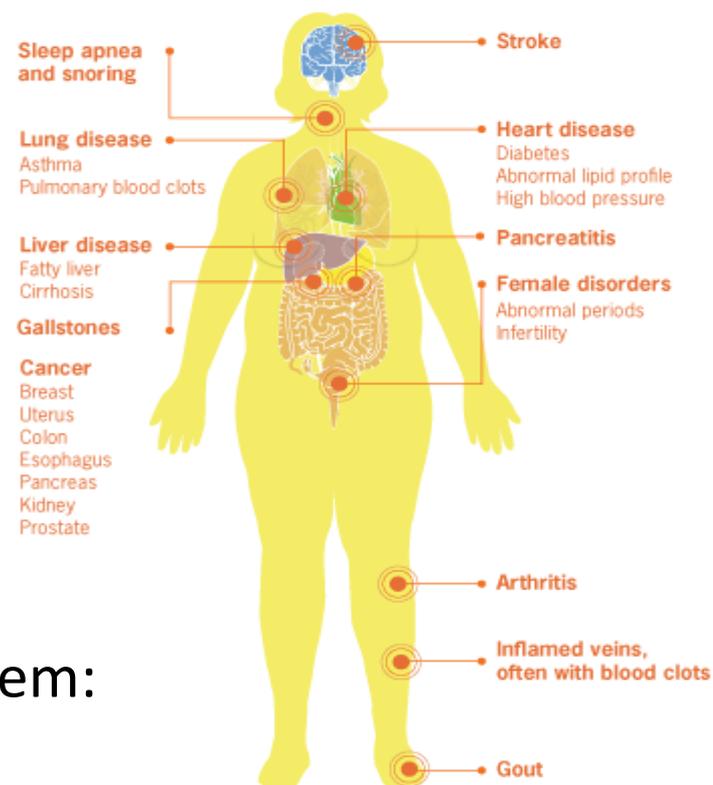
Health Outcomes and Cost: Obesity

■ Obesity increases the risk of many health conditions, including the following:

- Coronary heart disease
- Stroke
- high blood pressure
- Type 2 diabetes
- Cancers, such as endometrial, breast, and colon cancer

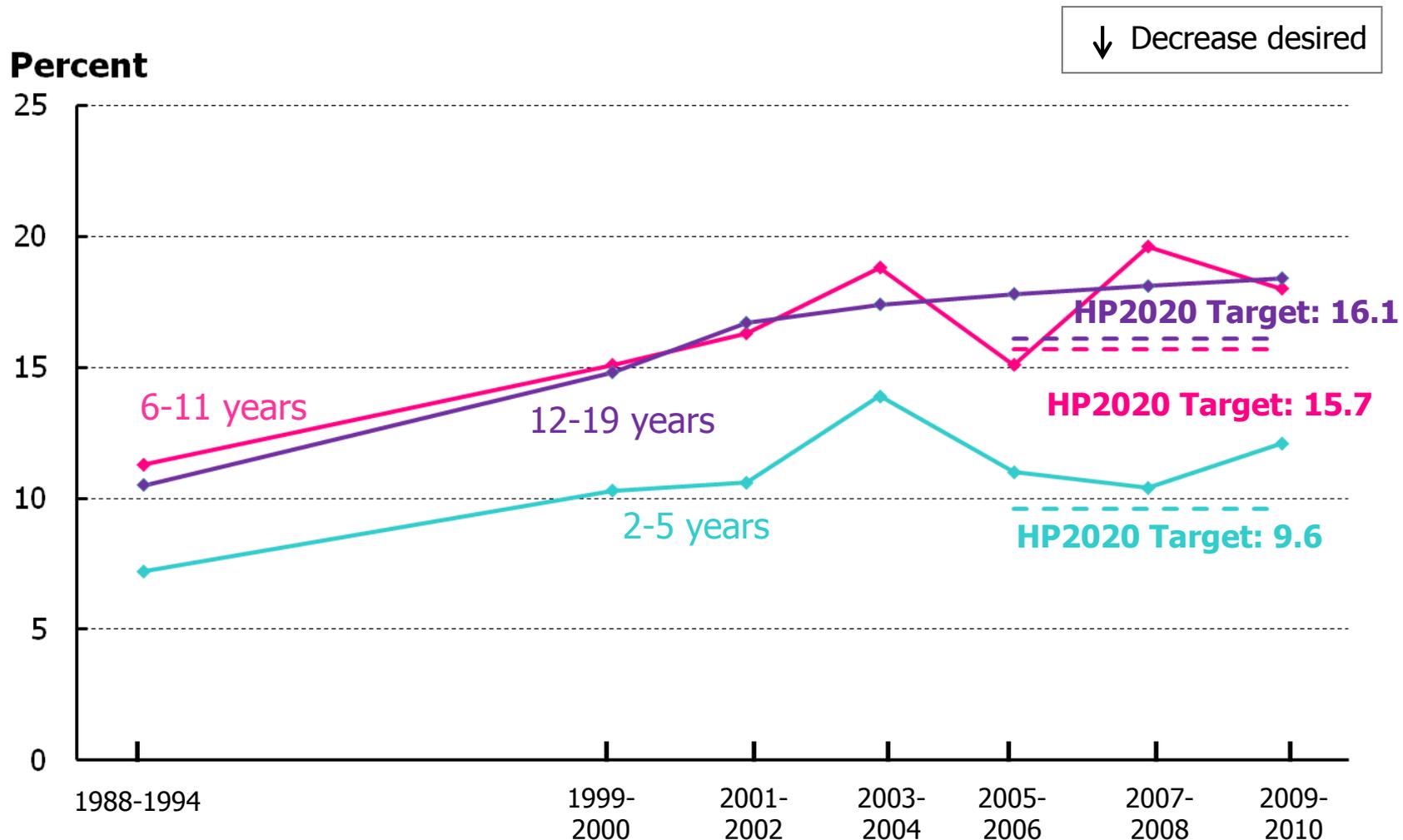
■ Impact on the health care system:

- Direct
- Indirect



Source: Adapted from Yale University Rudd Center for Food Policy and Obesity

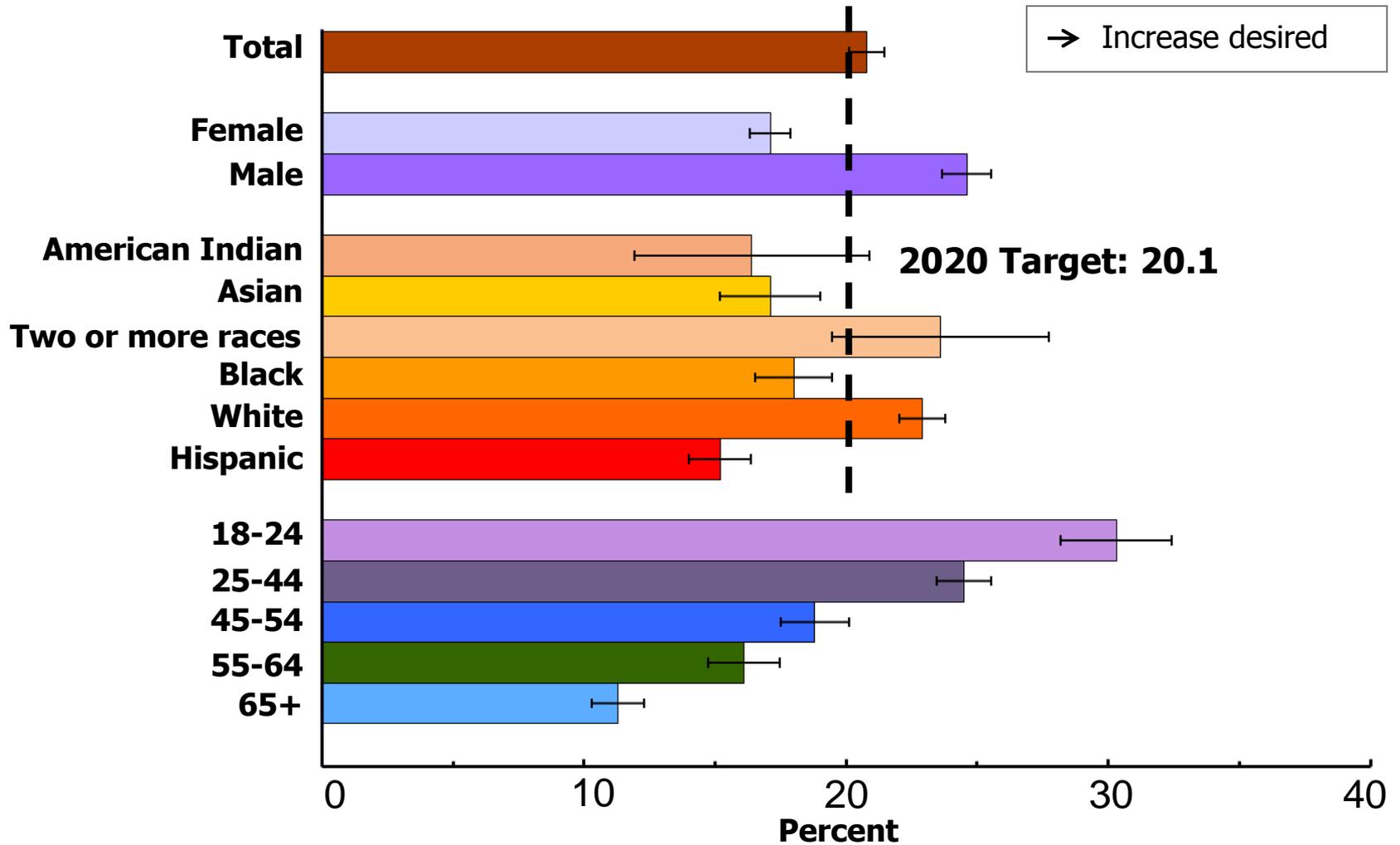
Obesity among Children and Adolescents



Note: Data are for the proportion of children and adolescents who are obese, defined as a BMI-for-age ≥ 95 th percentile on the sex specific 2000 CDC Growth Charts for 2-19 years. BMI is calculated based on measured height and weight.
Source: National Health and Nutrition Examination Surveys (NHANES), CDC/NCHS.

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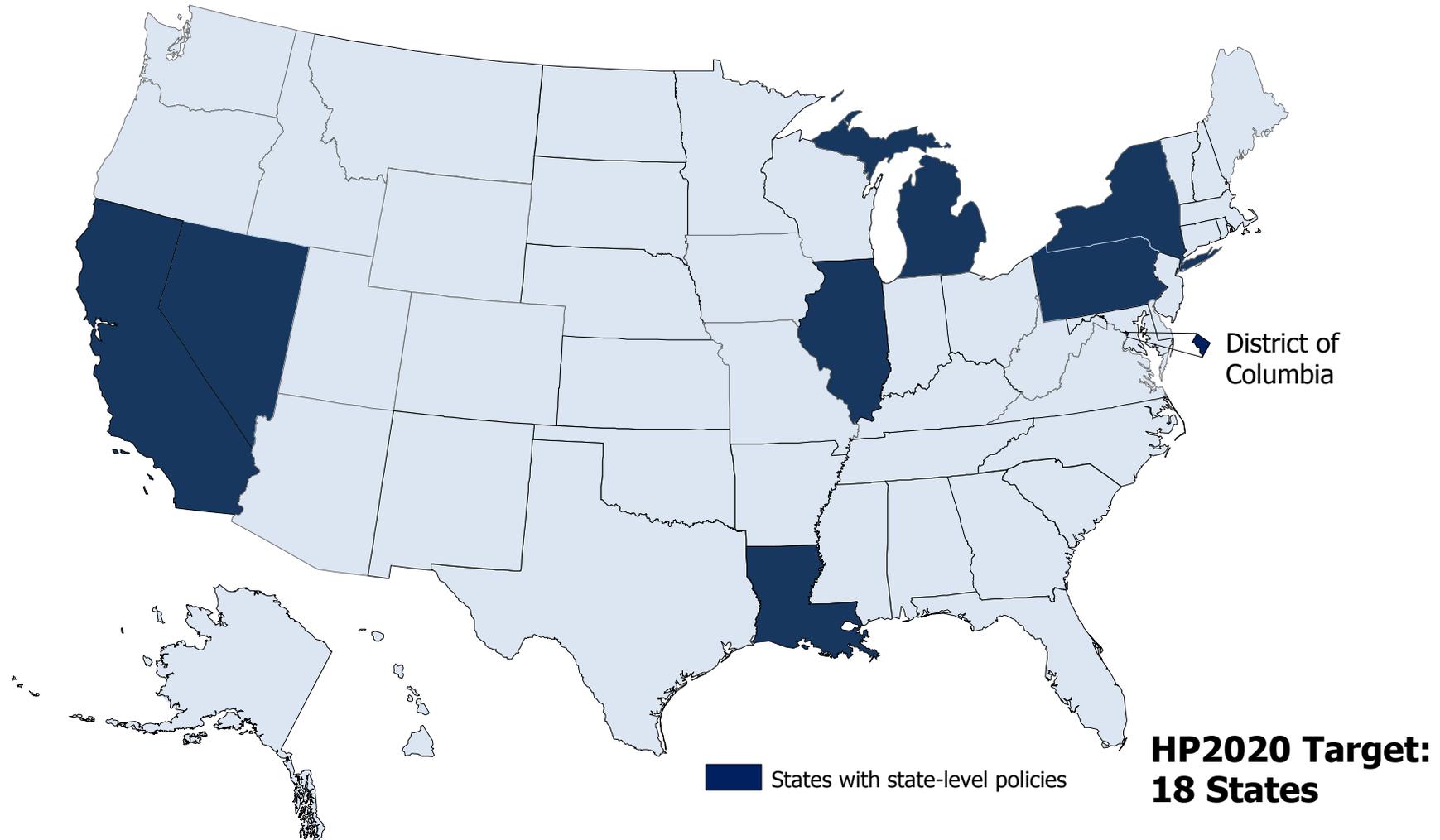
Adults who met the guidelines for aerobic physical activity and for muscle-strengthening activity, 2011



Note: Data are for adults 18 years and over who report light or moderate physical activity for at least 150 minutes per week or who report vigorous physical activity 75 minutes per week or an equivalent combination of moderate and vigorous-intensity activity and report doing physical activities specifically designed to strengthen muscles at least twice per week. Except for age specific groups, data are age adjusted to the 2000 standard population. American Indian includes Alaska Native. Black and white exclude persons of Hispanic origin. Persons of Hispanic origin may be any race. I is 95% confidence interval.

Source: National Health Interview Survey (NHIS), CDC/NCHS.

State with Policies to Incentivize Food Retail Outlets to Provide Foods Encouraged by the Dietary Guidelines (number): 2009

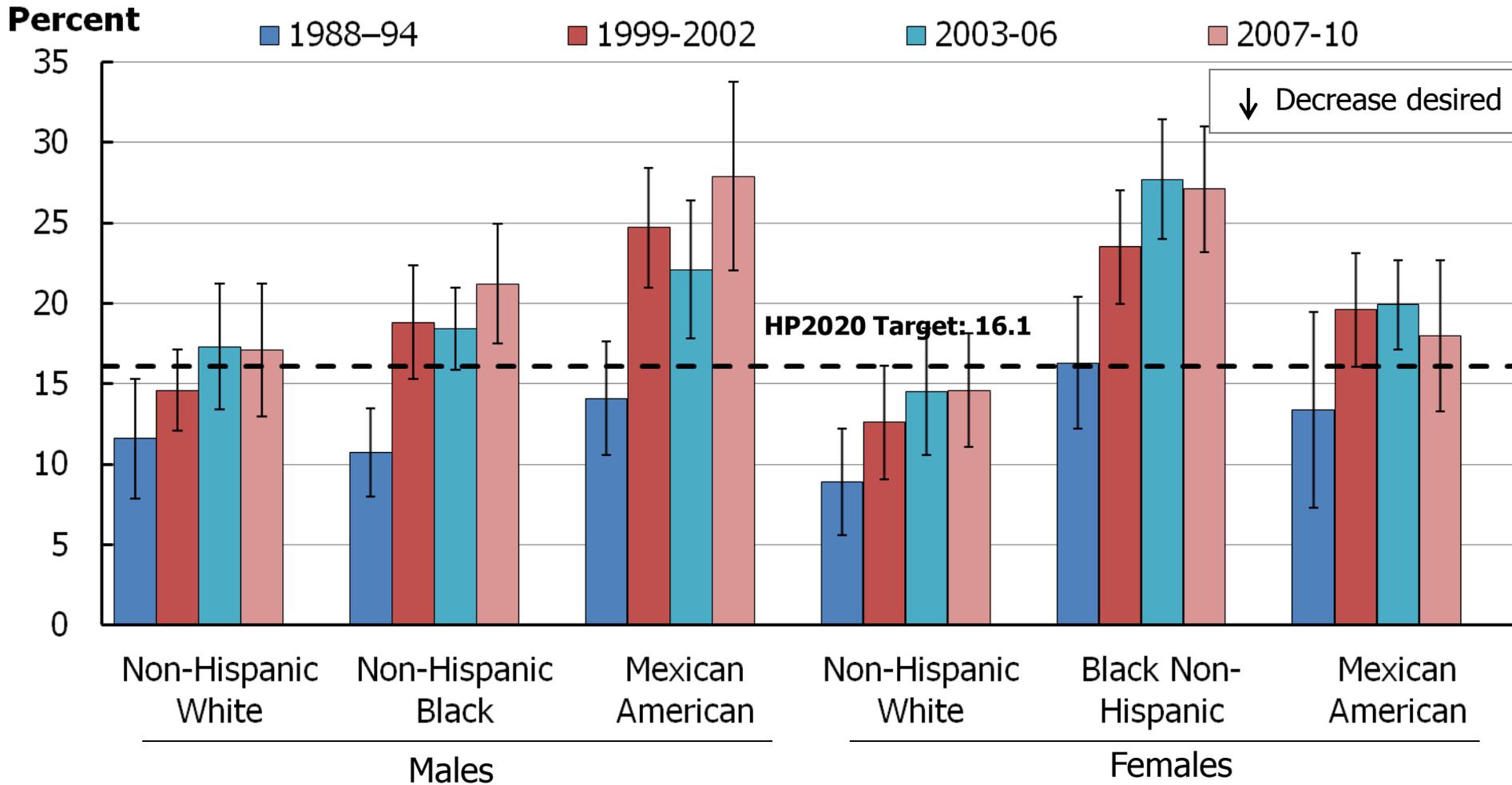


Note: States with retail policies (legislation or executive action) had to support at least one of the following objectives: (1) the building and/or placement of new food retail outlets (e.g., new supermarkets in underserved areas, loan financing programs for small business development); (2) renovation and equipment upgrades of existing food retail outlets (e.g., purchasing refrigerators for small corner stores to allow for the sale of fresh product); (3) increases in and promotion of foods encouraged by the 2005 Dietary Guidelines for Americans stocked or available at food retail outlets (e.g., increase display or shelf space of encouraged foods such as fruits and vegetables, assistance in marketing of these healthier food such as through point of decision information)

Source: State Indicator Report on Fruits and Vegetables, CDC.

Obj. NWS-3

Obesity among Adolescents 12-19 Years



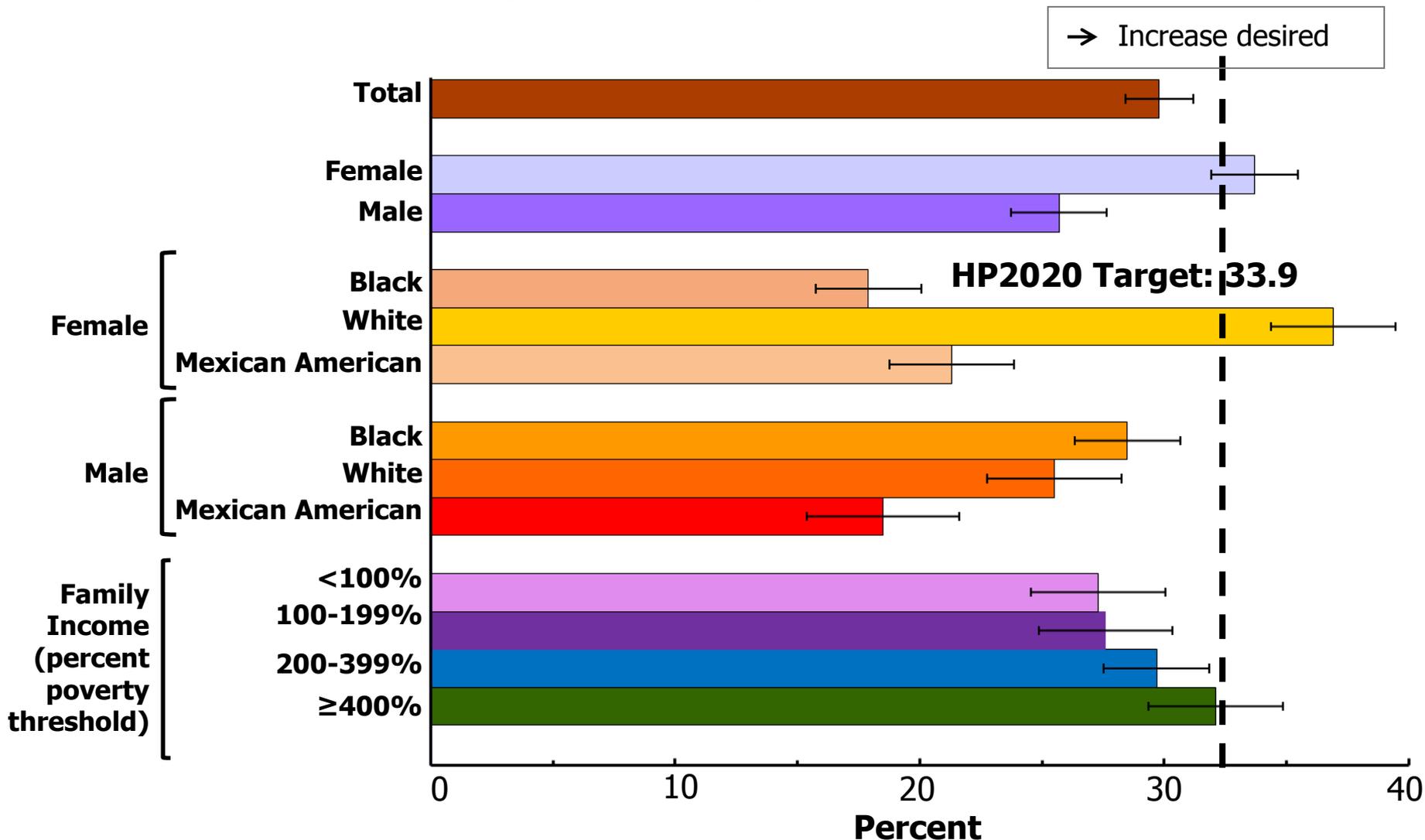
Note: Data are for the proportion of adolescents who are obese, defined as a BMI-for-age ≥ 95 th percentile on the sex specific 2000 CDC Growth Charts for 12-19 years. BMI is calculated based on measured height and weight. Respondents were asked to select only one race prior to 1999. For 1999 and later years, respondents were asked to select one or more races. For all years, the categories black and white include persons who reported only one racial group and exclude persons of Hispanic origin. Persons of Mexican American origin may be of any race.

I = 95% confidence interval.

Source: National Health and Nutrition Examination Survey (NHANES), CDC/NCHS.

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Healthy Weight among Adults, 2007-2010



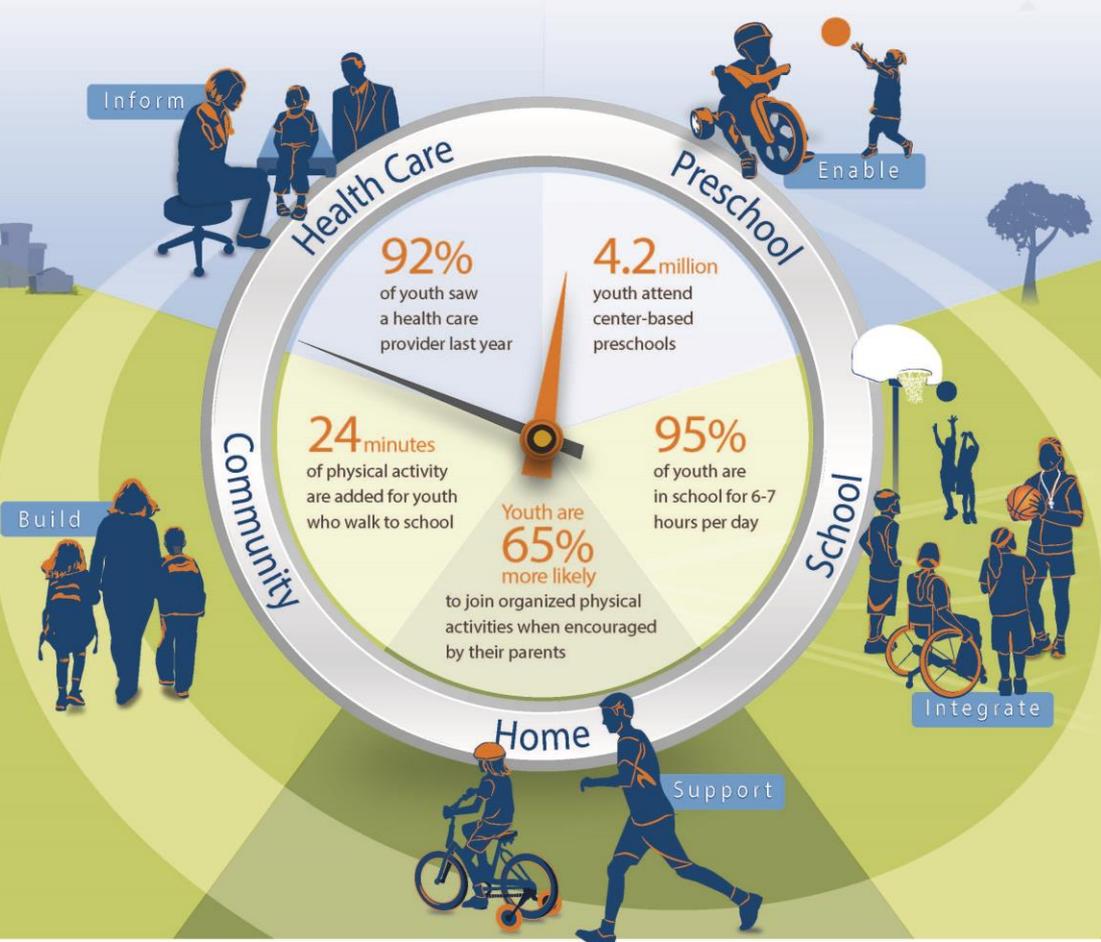
Note: Data are for the proportion of adults 20 years and over who are at a healthy weight, defined as a BMI equal to or greater than 18.5 and less than 25.0. BMI is calculated based on measured height and weight. Data are age adjusted to the 2000 standard population. Respondents were asked to select one or more races. The categories black and white include persons who reported only one racial group and exclude persons of Hispanic origin. Persons of Mexican American origin may be of any race. I = 95% confidence interval.

Source: National Health and Nutrition Examination Survey (NHANES), CDC/NCHS.



Minutes or More a Day

Where Kids Live, Learn, and Play



Physical Activity Guidelines Midcourse Report

www.health.gov/paguidelines

Physical activity is critical for overall health.

Learn more: www.health.gov/paguidelines



Sources: Synder T, Dillow S. Digest of education statistics 2010. Washington, DC: National Center for Education Statistics, Institute of Education Sciences, US Department of Education, 2011. Federal Interagency Forum on Child and Family Statistics. America's children in brief: key national indicators of well-being, 2006. Washington, DC: US Government Printing Office, 2006. Sirard JR, Riner WF, Molver KL, Pate RR. Physical activity and active commuting to elementary school. Med Sci Sports Exerc. 2005;37(12):2062-9. J Pediatr. 1991;118(2):215-9. Bloom B, Cohen RA, Freeman G. Summary health statistics for U.S. children: National Health Interview Survey, 2011. Vital Health Stat 10. 2012 Dec;(254):1-148. Hertzler CD, Martin SL, Duke J, et al. Correlates of physical activity in a national sample of children aged 9-13 years. Prev Med. 2006;42(4):254-60.



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New Tool: Healthy People eLearning

- **Save the Date!**
Friday, March 22
- **Earn continuing education credit (CECH and CEU) for learning more about today's featured healthy organization.**

The screenshot displays the 'Healthy People 2020' eLearning platform. The top navigation bar includes the 'Healthy People 2020' logo and the title 'Defining Success in a Systems Approach: The San Diego County Childhood Obesity Initiative'. A sidebar on the left lists the 'In This Module' content: Introduction (5.62 MB), Chapter 1 (2.50 MB), Chapter 2 (12.13 MB), Chapter 3 (5.98 MB), and Chapter 4 (1.52 MB). The main content area shows the 'Introduction' page with a 'Next' button. Below this is a banner for the 'San Diego County Childhood Obesity Initiative' with the tagline 'Working Together to Break a Healthy Future' and 'Facilitated by Community Health Improvement Partners'. The second screenshot shows the 'The Case Study in Action: How is San Diego County Working to Reduce Childhood Obesity?' page. It features a navigation bar with tabs for Government, Health Care, Early Childhood, Business, Schools and After School, Community, and Media. The 'Government' tab is selected, showing a description of the Government Domain and a profile for Lindsey Cox McDermaid, M.S., Program Director of the Chronic Disease and Health Equity Unit. A 'Domain Highlight' box focuses on 'Land Use and Transportation Planning for Healthy Communities'. Navigation buttons for 'Previous', 'Next', and 'I have viewed 3 Domains' are visible at the bottom.



Available on HealthyPeople.gov/Learn on March 22, 2013!